MUSCLE TESTING SERIES BREAKDOWN SHEETS

Group VI

Muscle Affecting the Femur, Patient Supine, Leg Straight, Dr. at End of Table, Both Ankles

1. 780 Gluteus Medius (Posterior Division)	Abducts 30°, External rotation.	Abducts and external rotates the femur.
2. 782 Gluteus Medius (Middle Division)	Abducts 30°.	Abducts the femur.
3. 784 Gluteus Medius (Anterior Division)	Abducts 30°, Internal rotation.	Abducts and internal rotates the femur.
4. 786 Gluteus Mimimus (Anterior Division)	Hip flexion 30°, Abduct 10°, Coronal plane-Add.	Flexion and abduction of femur.
5. 788 Gluteus Mimimus (Posterior Division)	Hip flexion 30°, Abduct 10°, External Rotation, Coronal plane-Add.	Abduction, flexion and external rotate the femur.
6. 790 Tensor Fascia Lata (Anterior Division)	Hip flexion 30°, Abduct 10°, Internal Rotation, Oblique plane-Add. (toward other ankle).	Abduction, flexion and internal rotate the femur.
7. 792 Tensor Fascia Lata (Posterior Division)	Hip flexion 30°, Abduct 15°, Internal Rotation, Coronal Plane-Add.	Abduction, flexion and internal rotates the femur.
8. 794 Rectus Femoris (Reflected Head)	Hip flexion 30°, Full Internal Rotation, Straight down.	Extend the knee. Flexion and internal rotation of the femur.
9. 796 Rectus Femoris (Straight Head)	Hip flexion 30°, Straight down.	Extends the knee. Flexion of the femur.
10. 800 Adductor Brevis	Hip flexion 20°, Adduct (knee crossed), Internal Rotation, Coronal Plane-Abd.	Flexion, adduction and internal rotation of the femur.
11. 804 Adductor Longus (Inferior Division)	Both legs adducted, Raise Legs l-2 inches, Coronal Plan-Abd.	Adduction and slightly flexion of the femur.
12. 806 Adductor Longus (Superior Division)	Both legs adducted, Raise Legs 1-2 inches, Coronal Plan-Abd.	Adduction, flexion and external rotation of the femur.
13. 842 Adductor Magnus (Vertical Division)	Supine, heels together, Internal Rotate Ipsilateral, Sagittal Plane-Flex.	Adduction and extension of the femur.

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14. 844 Adductor Magnus (Oblique Division)	Supine, heels together, External Rotate Ipsilateral, Coronal Plane-Abd.	Adduction, extension, externally rotates the femur.

Group VII

Muscle Affecting the femur, Patient supine, Knee Flexed, Dr. at side of Table

1. 812 Obturator Externus	Hip flexion 110°, Knee 90°, S1. External Rotation , Medial tibia- Lat. Knee Contact, Coronal plane-Abd.	Flexion and external rotation of the femur.
2. 814 Quadratus Femoris	Hip flexion 75°, Knee 90°, S1. External Rotation , Medial tibia- Lat. Knee Contact, Coronal plane-Abd.	Flexion, adduction and external rotation of the femur.
3. 822 Obturator Internus	Hip flexion 45°, Flex Knee-Place ankle Side of Table, Hip S1. Int rotation. Oblique plan-Add.	External rotation of the femur.

Group VIII

Muscle Affecting the Knee, Patient Supine, Knee Flexed, Dr. at Side of Table

1. 810 Sartorius	4 position, Coronal plane.	Flexion and external rotates the femur. Flexion and internal rotates the knee.
2. 816 Vastus Medialis (Upper Division)	Hip flexion 65°, Heel level with opposite knee, Coronal Plan-Abd.	Extend the knee. Kinetically it acts to stabilize the adduction of the leg.
3. 818 Vastus Medialis (Middle Division)	Hip flexion 35°, Heel level with opp. middle tibial knee, Coronal Plan-Abd.	Extend the knee. Kinetically it acts to stabilize the adduction of the leg.
4. 820 Vastus Medialis (Lower Division)	Hip flexion 20°, Heel level with opp. ankle, Coronal Plan-Abd.	Extends the knee. Kinetically it acts to stabilize the adduction of the leg.
5. 830 Vastus Lateralis (Superior Division)	Hip flexion 65°, Abduct 10°, External Rotation, Heel level with opposite knee Coronal plane-Add.	Extends the knee. Kinetically it acts to stabilize the abduction of the leg.
6. 832 Vastus Lateralis (Middle Division)	Hip flexion 35°, Abduct 10°, Heel level with opp. middle tibial knee, Coronal plane-Add.	Extends the knee. Kinetically it acts to stabilize the abduction of the leg.

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7. 834 Vastus Lateralis (Lower Division)	Hip flexion 20°, Abduct 10°, Heel level with opp. ankle, Coronal Plan-Add.	Extends the knee. Kinetically it acts to stabilize the abduction of the leg.
8. 836 Vastus Intermedius (Medial Division)	Hip flexion 100°, Knee flexion 80°, Internal Rotation, Straight down.	Extends the knee.
9. 838 Vastus Intermedius (Lateral Division)	Hip flexion 100°, Knee flexion 80°, External Rotation, Straight down.	Extends the knee.
10. 840 Articularis Genu	Hip flexion 120°, Knee flexion 60°, No rotation, Straight down.	Lift the capsule of the knee joint.

Group IX

Muscle Affecting the Knee, Patient Supine, Knee Straight, Dr. at End of Table

1. 808 Gracilis	Internal Rotation, Ipsilateral, Abd.	Adduct the femur while flexing and internally rotating the femur.

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